

## **The Claims**

1. A soy-based performance-enhancing dietary supplement comprising an essentially dry mixture of the following ingredients in a daily serving of about 26g to 78g: 55% to 70% soy protein isolate containing at least 80% protein on a moisture-free basis; 20% to 30% carbohydrate consisting essentially of fructose; 1% to 3% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of L-leucine, L-glutamine, L-alanine, glycine, L-arginine, L-lysine and ornithine alpha-ketoglutarate; 1.5% to 2.5% medium chain triglycerides; 1.5% to 2.5% creatine monohydrate; 0.18% to 0.28% L-carnitine; 0.15% to 0.25% grape seed extract; 0.025% to 0.035% coenzyme Q10; 0.01% to 0.02% piper nigrum extract; and 0.0001% to 0.0003% alpha lipoic acid.
2. The food supplement of Claim 1 in which said amino acid premix includes the following amino acids: L-leucine, L-glutamine, L-alanine and glycine.
3. The food supplement of Claim 5 in which said mixture also includes 0.05% to 0.15% conjugated linoleic acid.
4. A food supplement according to Claim 1, further comprising glutamine.
5. The food supplement of Claims 1, 2 or 4 in which said mixture also includes 0.25% to 0.35% phosphatidylserine/phosphatidylcholine complex.
6. The food supplement of Claims 1, 2 or 4 in which said soy protein isolate is water extracted and includes retained isoflavones.
7. The dietary supplement of claim 1 in which said amino acid premix includes all seven of said amino acids of said group.
8. The dietary supplement of claim 7 in which said amino acids are present in the following percentages per total weight of premix: L-leucine 25% to 30%, L-glutamine 20% to

25%, L-alanine 4% to 7%, glycine 4% to 7%, L-arginine 20% to 25%, L-lysine 8% to 15%, ornithine alpha-ketoglutarate 4% to 7%.

9. The food supplement of Claim 1 in which said mixture also includes 0% to 3% lecithin and 0% to 3% one or more flavoring agents.

10. A soy-based performance-enhancing dietary supplement comprising an essentially dry mixture of the following ingredients in a daily serving of about 26g to 78g: about 61.9% soy protein isolate containing at least 80% protein on a moisture-free basis, about 27.7% carbohydrate consisting essentially of fructose, about 2.7% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of L-leucine, L-glutamine, L-alanine, glycine, L-arginine, L-lysine and ornithine alpha-ketoglutarate, about 1.9% medium chain triglycerides, about 1.9% creatine monohydrate; about 0.2% L-carnitine; about 0.2% grape seed extract, about 0.1% conjugated linoleic acid, about 0.3% phosphatidylserine/phosphatidylcholine complex, about 0.03% coenzyme Q10, about 0.01% piper nigrum extract, about 0.0002% alpha lipoic acid, about 1.3% lecithin, and about 1.7% flavoring agents.